



mWR Athletics **2004 Calendar**

Intramural Sports: Offers over 100 competitive programs and events for men and women at varying levels of competition and skill, including Captain's Cup, sports leagues, tournaments, fun-runs and meets.

Fitness and Wellness: With 2 workout facilities on Main Base and one in each housing area, this program offers 24-hour access to weight training and cardio equipment as well as a variety of aerobics classes, special events, and motivational programs. The Wellness Department also offers a full scale personal training program, complete with assessments and work out prescriptions.

Gear Issue: Offers equipment issue free of charge including workout clothes, shoes, jump ropes, medicine balls, golf clubs, cones, boxing gloves, weight belts, racquet sport and ping pong accessories, and a plethora of sports balls to satisfy all of your recreational needs.

Open Recreation: Includes unstructured, drop-in opportunities to play and exercise.

Aquatics: Facilities at Fleet Activities Yokosuka include a year round indoor pool & 3 seasonal outdoor pools in Yokosuka, as well as seasonal pools at Ikego and Negishi Housing Areas. Seasonal pools will open on Memorial Day and remain open until October depending on the weather. Programs include lap swimming, swim lessons, command PRT, water aerobics, pool parties, SCUBA, and recreational swimming.

Fleet Gym: This 24 hour facility located pier side offers a one stop recreational facility for the sailors of Yokosuka. Amenities offered include the Single Sailor Liberty Center, Navy Exchange and Locker Club, MWR Food Court, UTC Travel, International Programs Center, Wellness Center, complete work out area with free weight, selectorized, & cardio areas, Ping pong tables, 3 racquetball courts, boxing training area, aerobics room, gear issue counter, daily locker areas, and 2 indoor basketball courts.

Thew Gym: Located at the Berkey Field Complex, Thew Gym offers 2 indoor basketball courts, 4 racquetball courts, women's weight room, Co-Ed weight room, aerobics/martial arts room, gear issue counter, and locker room areas with monthly locker rentals.

Thew Gym: 243 - 5388

Fleet Gym: 243 - 5304

Adult Sports: 243 - 5783

Fitness: 241 - 4486

Aquatics: 243 - 6410

Skateland: 243 - 7539

Adult Sports Hotline: 241 - 2853

Aquatics Hotline: 243 - 5229

Club/Varsity Sports: Includes several interest groups in which military community members develop sport and leadership skills by administering their own sport related programs. Clubs also have the opportunity to travel to other bases for competition;

Golf: Yokosuka base features a 24-hour full service driving range at the Berkey Field Complex, free of charge. There are also 3 military golf courses within driving distance at Atsugi, Zama, and Tama Hills. Additionally, MWR will partially subsidize green fees at Hayama Golf Club in nearby Hayama.

Pavilion/Field Reservation: Thew Gym Sports Office will take reservations for pavilions and ball fields on Main Base. This includes 11 pavilion/barbecue areas, 2 beach volleyball courts, 3 softball fields, 6 tennis courts, outdoor basketball courts, and 2 multi-purpose ball fields.

MWR Athletics Mission Statement

The mission of MWR Athletics at Fleet Activities Yokosuka is to provide our diverse military community with a wide variety of activities geared

toward the development of interpersonal and social skills while encouraging a healthy, active lifestyle through the participation in physical activities. In addition, the Athletics Department offers employment opportunities that will promote valuable leadership, management and programming skills. Our aquatics, fitness and sports programs offer a unique setting for interaction among active duty military, DoD civilians, dependents and staff.



Scott Langworthy
Maintenance Mgr.



Akemi Yanagisawa
Athletics Admin/
Japanese Relations



Elena Taval
Admin Assistant,
Fitness & Wellness



Shierly Cenidoza
Admin Assistant, Fleet Gym



(left to right)
Mary Jane Voelker &
Merideth Florentino
Thew Office Staff



Jean Gonzalez
Admin Assistant,
Thew Gym

Message from the Athletic Director:

On behalf of the Yokosuka MWR Athletics Staff, it is my pleasure to welcome you to the largest overseas sports, fitness and aquatics program in the U.S. Navy. We are committed to bringing you the absolute best in programming and facilities, as well as providing you with an endless amount of activities over the next calendar year. We are constantly improving our current facilities, and are looking forward to opening our new "state of the art" gymnasium in the spring of 2005. New selectorized and free weight equipment, new treadmills, bikes, cross-trainers, and cardio theater are just a few of the many planned upgrades in the near future. Considering the new direction and vision of our athletic department, this is an exciting time to be a member of the Yokosuka community, and I encourage everyone to get active and involved in the many activities planned for the upcoming year. Whether you prefer to work out alone, join a group exercise class, swim laps at the pool or join organized sports, we have something for everyone. So, please take the time to look through the calendar, highlight your interests, and join in on the fun!

Kyle Rhodus: Athletic Director



Field Maintenance Staff

The Sports Program at Fleet Activities Yokosuka is designed to provide all active duty military, DoD civilians, and family members with the opportunity to participate in various organized recreational competitions and activities. Structured leagues and tournaments are scheduled throughout the year in a wide variety of sports and interests.

Intramural Sports

Our efforts have been focused on discovering how to supply you with the best program while maintaining a fun, social and relaxed sports atmosphere. If you have any questions, comments, concerns or recommendations please feel free to email, call 241-2955, or please stop by my office at Thew Gym. I always try to make time to talk with our participants, as your feedback is valuable to the success of our program. Thanks, and see you on the field.

Matt Kalcevich
Intramural Sports Coordinator
email: imsports@ysa.afmil.ne.jp



James Lomax III
Adult Sports Assistant



Sportsmanship:

Part of the philosophy of MWR's Athletics and Sports Program at Fleet Activities Yokosuka is that good sportsmanship is vital to the success of every program that we offer. Unsportsmanlike behavior is unacceptable and will not be tolerated. Our Sports Supervisors and Sports Officials will rate each team's sportsmanship following each contest and reserve the right to warn, penalize, or eject a person or team that exhibits poor sportsmanship. Teams must maintain a favorable sportsmanship rating (at least 7.0 out of 10) to remain eligible to participate in Intramural activities.

Intramural By-Laws:

For a complete description of eligibility rules and intramural policies and procedures, please consult the Intramural Handbook.

Sports Hotline: 241.2953

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>CC Captain's Cup</div> <div>IM Intramural Sport</div> <div>Varsity Varsity Sport</div> <div>Fleet Fleet Gym Activity</div> <div>Club Club Sport</div> <div>Golf Adult Sports Golf Event</div> <div>• Invitational Tournament</div>				1	2	3
4	5	6	7	8	9	10
	CC Basketball Tourney: Fleet Gym, 1730		New Year's Resolution 5K: Thew Gym, 1130			Lose the Holiday Calories 3K: Negishi 0900
11	12	13	14	15	16	17
			IM Soccer League Sign-ups Close		Martin Luther King 3K: Thew Gym, 1130	
18	19	20	21	22	23	24
	MLK Day Skate: Skateland, 1000					
	MLK Water Survival: Seaside Pool, 1000	IM Soccer League: Main Soccer Field, 1730	CC Co-ed Basketball Tourney Sign-ups Close		Fitness Aloha-a-thon: Fleet Gym, 1700	CC Racquetball Tourney: Fleet Gym, 0900
25	26	27	28	29	30	31
	CC Co-ed Basketball Tourney: Thew Gym, 1730					

JANUARY

Our goal at the Wellness Center is to provide the safest, most efficient, and effective physical fitness environment that will provide our diverse military community with the knowledge and experience they need to stay fit and lead a healthy lifestyle.

Fitness & Wellness

Personal Training:

If you are interested in learning about strength training we have personal trainers to help you reach your goals. Getting started with your very own personal trainer is absolutely FREE! Your first few sessions are free of charge, including your fitness assessment. Beyond the initial five sessions, we offer discounts to active duty and FEP program members, and additional sessions are only \$15 per session.

Aerobics Classes:

We offer many different types of aerobic classes on a daily basis at both Fleet and Thew Gym such as step, hi-low, indoor cycling, yoga, kickboxing, water aerobics, and boot camp. The classes are offered at various days and times, and the schedule is always posted outside the aerobics room.

Wellness Seminars/Training Classes:

We conduct one-on-one gym orientation for those who just want to learn how to use the equipment. If you have a child age 6 and older, we have a program for them, too. For the commands we offer General Military Training (GMT) on various wellness topics, Command Fitness Leaders (CFL) training, assistance on official Physical Fitness Assessments (PFA), command aerobic classes and physical training.

If you have any questions about any of the programs offered by the Fitness Department, please call 241-4486 or stop by the Wellness Center located on the third floor of the Fleet Recreation Building.

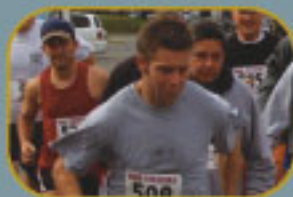
The MWR Wellness Center wants to provide all who enter its' doors with the tools, knowledge, and motivation they need to meet their personal goals. What I have found that really works in the quest to achieve ones' goals is consistency and persistence. By exercising regularly (not always keeping a strict schedule), and eating a variety of foods (in moderation), most people would be able to maintain a healthy weight and stay fit.

Earl Strong: Assistant Fitness Director
email: strong.earl@cfav.navy.mil



Tiffiany Bernhard
Fitness Programs Coordinator
email: bernhard.tiffiany@cfav.navy.mil

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
						Mini Aerobathon: Fleet Gym, 0900
8	9	10	11	12	13	14
			IM 35 & Over Basketball League Sign-ups Close		Be My Valentine 3K: Thew Gym, 1130	Be My Valentine Pool Party: Seaside, 1200 Valentine's Day Skate: Skateland, 1000 Varsity Soccer Tryouts: Main Soccer Field, 1000
15	16	17	18	19	20	21
	President's Day "No School" Skate: Skateland, 1000	IM 35 & Over Basketball League: Thew Gym, 1730			Miniature Golf Spectacular: Old Fleet Gym (B-48) 2nd Floor, 1900	President's Day Walk/Run: Ikego, 0900 I Cannot Tell A Lie 5K: Negishi, 0900
22	23	24	25	26	27	28
			Black History Month 5K: Thew Gym, 1130 IM Pre-season Softball Tourney Sign-ups Close		Family Aerobic Event: Negishi, 1700 CC 5K Run: Thew Gym, 1130	
29	CC Captain's Cup IM Intramural Sport Varsity Varsity Sport Fleet Fleet Gym Activity Club Club Sport Golf Adult Sports Golf Event • Invitational Tournament					



Fun Run Club:

Earn Fun Run Club sports apparel by participating in Fun Runs over the course of your tour in Yokosuka. There are 50 opportunities each year for you to become an official Fun Run Club member. Simply sign up for the next run and you are on your way. Good luck, and good running!



Four Seasons Swim Club:

Designed for our dedicated lap swimmers, this program helps you earn great awards while staying in shape in the pool. You will receive an official Swim Club item for completing each season's challenge.



Aerobics Club:

Are you tired of that boring run on the treadmill, or the same old cross trainer every day? Well, our group exercise program is the answer for you. Various classes help bring the fun to exercising, whether it be on the bike, on the steps, or in the pool. Just attend any class and sign the attendance sheet, and you will be on your way to earning great awards for staying in shape!



Passport to Wellness:

This incentive program involves all aspects of health and wellness. The program promotes a healthy lifestyle including exercise and healthy eating habits. Please call the Wellness Center staff at 241-4486 and we will be more than happy to share the details of this great program!

Strength Training Club:

There are many great ways to stay in shape, but toning your body takes time and dedication. For this reason, we have an Incentive Program for weight lifters as well. You achieve points for work out sessions that help you earn great work out apparel.



Incentive Programs



Cardio Club:

Earn points towards great incentives simply by working out on your favorite cardio machine at the gym. This includes cross trainers, steppers, step mills, bikes, treadmills, and any other cardio style fitness machine. Points will be awarded according to time spent in training.

The MWR Athletic Department sponsors several incentive programs in various areas of recreation throughout the entire year. Whether your interest is running, swimming, aerobics, wellness or just working out, we have the Incentive Program for you. Simply participate in the activity of your choice, and you will begin to earn points towards various incentives such as towels, t-shirts, sports bags, sweatshirts, running suits, and more! Please contact the Fitness Department at 241-4486 or the Aquatics Department at 243-6410 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Irish American Heritage 10K: Thew Gym, 1600 IM March Madness B-ball Sign-ups Close IM Spring Softball League Sign-ups Close	4	5	6 Women's History Month 3K: Ikego/Negishi, 0900
7	8 IM Spring Softball League: Main Softball Field, 1730 IM March Madness Basketball Tourney: Fleet Gym, 1730	9	10 IM Flag Football Tourney Sign-ups Close	11	12	13 St. Patty's Day 5K: Negishi, 0900 Men's Ice Hockey Club Tryouts: Location TBD, 1200
14 St. Patrick's Pool Party: Seaside Pool, 1200	15 Baseball/Tennis Conditioning Camp: Yokosuka/Negishi, March 15 - 19 IM Flag Football Tourney: Main Football Field, 1730	16	17 St. Patrick's Day Skate: Skateland, 1600 CC Volleyball Sign-ups Close	18	19	20 Varsity Men's Rugby Tryouts: Main Football Field, 1000
21	22 CC Volleyball: Thew Gym, 1730	23	24 IM Spring Training Baseball Tourney Sign-ups Close	25	26 IM Spring Training Baseball Tourney: Main Baseball Field, 1730	27 International Aerobathon: Fleet Gym, 0900
28	29	30	31 CC Softball Tourney Sign-ups Close	CC Captain's Cup IM Intramural Sport Varsity Varsity Sport Fleet Fleet Gym Activity Club Club Sport Golf Adult Sports Golf Event • Invitational Tournament		

MARCH

Yokosuka Base:

Berkey Field Complex: 2 lighted multipurpose fields, 2 lighted softball fields, 1 outdoor basketball half court, 1 golf driving range with 7 mats and a chipping green, 6 tennis courts, batting cage, PRT running course, horseshoe pits, children's playground and skate park.

Fleet Gym: 2 full length basketball courts, 1 ping-pong table, 2 open racquetball courts, 1 racquetball challenge court, 1 boxing heavy bag and 1 speed bag, 1 kickboxing heavy bag, and 1 Treadwall for simulated rock climbing.

Thew Gym: 2 full length basketball courts, 4 racquetball courts.

Seaside Pool: 18 meter heated indoor pool, open year-round.

Green Beach Pool: 50 meter outdoor pool, 9 lanes, 3' deep wading pool. Open Memorial Day until the end of the summer pool season.

O'Club Pool: 20 meter outdoor pool, 4 lanes. Open for the summer season;

BOQ Pool: 15 meter heated outdoor pool, for use by BOQ residents and their guests. Open for the summer season.

Skateland: Indoor skating rink and party room. Call 243-7539 for hours and reservations.

Open Recreation opportunities are available on Yokosuka's Main Base, and in Ikego & Negishi Housing Areas. This includes free-play indoor basketball, volleyball, lap swimming, ping pong, racquetball, boxing, wall climbing, and outdoor basketball, football, beach volleyball, skateboarding, rollerblading, frisbee, roller hockey, horseshoes, and tennis. Courts and fields are first come, first served unless reserved in advance.

Open Recreation



Ikego Housing:

Fitness Center: Paramount selectorized fitness equipment, top-of-the-line cardio equipment including treadmills, bikes, climbers and cross-trainers.

Outdoor Facilities: 1 running track, 3 softball fields, 2 multi-purpose fields, 5 tennis courts, 1 outdoor basketball court, 1 aerobics room, hiking trails, a camping area and 1 skatepark.

Ikego Pool: 1 seasonal 25 meter outdoor pool with baby pool.

Negishi Housing:

Fitness Center: 1 full-length multi-purpose court and aerobics/martial arts area. Hammer Strength plate-loaded strength equipment, Nautilus resistance equipment, top-of-the-line cardio equipment including treadmills, bikes, climbers and cross-trainers.

Negishi Pool: 1 seasonal 25 meter swimming pool with diving board and baby pool.

Outdoor Facilities: One multi-purpose ball field, 1 tennis court, 1 outdoor basketball court and 1 skate park.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CC Captain's Cup IM Intramural Sport Varsity Varsity Sport Fleet Fleet Gym Activity Club Club Sport Golf Adult Sports Golf Event • Invitational Tournament				1 April Fool's 2K: Thew Gym, 1130	2	3
4	5 CC Softball Tourney: Main Softball Field, 1730	6	7	8	9 Good Friday 5K: Thew Gym, 1130	10 Skate with the Easter Bunny: Skateland, 1000 Varsity Volleyball Tryouts: Thew Gym, 1000 Spring Bonnet 5K Run, Negishi, 0900
11	12 Varsity Men's Tackle Football: Main Football Field, 1800	13	14 IM Baseball League Sign-ups Close	15 Tax Day 3K: Thew Gym, 1130	16 Family Aerobic Event: Fleet Gym, 1700	17
18 IM Baseball League: Main Baseball Field, 1730 Spring Time Golf Tourney Sign-ups Close	19	20	21	22	23 Spring Time Golf Tourney: Atsugi, 0700	24 Varsity Softball Tryouts: Main Softball Field, 1000 Mini Aerobathon: Fleet Gym, 0900
25 Cardio Burn Week: April 26 to 30	26	27	28	29	30	Friendship Day Fun Run: Ikego, date TBD

APRIL



The MWR Aquatics team in Yokosuka is dedicated to providing the widest variety possible of aquatic activities for all ages and abilities. Our programs offer recreational swimming as well as opportunities for swim instruction, fitness and competition. If you would like to see programs not currently offered, please give us a call.

Carol Poole: Aquatics Director
email: poole.carol@cfay.navy.mil

The Aquatics facilities at Fleet Activities Yokosuka include an indoor pool and 3 outdoor seasonal pools on Yokosuka's Main Base, and outdoor seasonal pools in both Ikego and Negishi Housing Areas. All seasonal pools open on Memorial Day and remain open until Labor Day (this schedule may be extended if weather permits). Each pool has lanes for lap swimming and a bath house with locker facilities for men and women. Programs that may be offered include lap swimming, swim lessons, water aerobics, pool parties, aqua theater, inner-tube water polo, Four Seasons Swim Club, stroke clinics, SCUBA lessons, survivor challenge, water volleyball, water basketball and recreational swimming.

Hours of Operation:

Seaside Pool is an indoor facility that is open year round with the exception of weekends during the summer season, 0530-1900 Monday through Friday, 1100-1900 Saturdays and Sundays.

Green Beach Pool opens on Memorial Day and remains open 7 days a week until the end of the summer pool season, 0530-1900 Monday through Friday, 1100-1900 Saturdays and Sundays.

O'Club, BOQ, Ikego and Negishi Pools open on Memorial Day for weekends only until dismissal of school for the summer season and remain open 7 days a week until school returns to session; they will then be open on weekends only until Labor Day.

The hours of operation may be increased or decreased based on seasonal conditions and/or high port loading conditions. Inclement weather may cause closure of the pool on a daily basis; the Aquatics Director will make the decision to secure for the day. Please call our Pool Hotline at 243-5229 for this information.

Lifeguarding:

The Aquatics program offers lifeguarding employment opportunities. We provide all necessary training, and additional opportunities are also available as swim instructors. Please contact 243-6410 for more information.

Private Pool Party Reservations:

Eligible patrons may reserve the pools and patio areas for pool parties with approval from 1930-2130 during the summer season. Reservations must be made through the Aquatics Office at 243-6410 for Yokosuka, 246-8071 for Ikego and 242-4120 for Negishi.

A. All pool rules and regulations apply for private pool parties.

B. A \$30.00/hr lifeguard fee will be charged for Green Beach and \$15.00/hr for all other pools. Lifeguards are required and must be provided by the MWR Department. All reservations and fees must be paid 2 weeks prior to scheduled party or party will be cancelled.

Dependants under 18 years of age are not allowed to reserve the pool for parties unless their sponsor is present for the entire reservation.

Aquatics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CC Captain's Cup IM Intramural Sport Varsity Varsity Sport Fleet Fleet Gym Activity Club Club Sport Golf Adult Sports Golf Event • Invitational Tournament						1 CC Horseshoe Tourney: Horseshoe Pits, 1200 Mini Aerobathon: Fleet Gym, 0900
2	3	4	5 IM Asian Pacific Soccer Tourney Sign-ups Close	6	7	8 Mother's Day Family Fun Run: All Three Bases, 0900 Mother & Child Pool Challenge: Seaside Pool, 1300
9 Mother's Day Skate: Skateland, 1000	10 IM Asian Pacific Soccer Tourney: Main Soccer Field, 1730	11	12 CC Tennis Tourney Sign-ups Close	13	14 Command 10K Relay: Thew Gym, 1100	15 Fitness Fair & 5K Run: NEX Courtyard, 0900
16	17 CC Tennis Tourney: Chapel Tennis Courts, 1730	18	19	20	21 Family Aerobic Event: Negishi, 1700	22
23 IM Memorial Day Golf Tourney Sign-ups Close	24	25	26 IM Memorial Day Basketball Tourney Sign-ups Close	27	28 IM Memorial Day Golf Tourney: Atsugi, 0700 * IM Memorial Day Basketball Tourney: Thew Gym, 1730 Memorial Day 3K: Thew Gym, 1130	29 * IM Memorial Day 24 Hour One Pitch: Main Softball Field, 0900
30 Memorial Day: Pool Party, Green Beach Pool, 1200; Skate at Skateland, 1000	31		IM Memorial Day 24 Hour One Pitch Softball Sign-ups Close			

MAY

Fleet Gym is located in the Fleet Recreation Center, pier side near the Fleet in Yokosuka. The gym is located on the 4th and 5th floors of this multi-use facility. This gym caters primarily to the Fleet and hard-core fitness enthusiasts on base. If you have recreation needs, Fleet Gym has the answer. Please call the sports office at 243-5304 for assistance. One of our friendly staff will be glad to help you.

Weight Room: Constantly being updated with the latest in fitness equipment, the Fleet Gym has everything a hard-core weightlifter or fitness enthusiast would need for a complete work out. This gym features a full line of free weight equipment, as well as plate loaded Hammer Strength and various lines of selectorized resistance training machines.

Cardio Room: This area has been redesigned, and will feature a new cardio theater in early 2004. This room features all of the best in cardio-fitness machines from Stairmaster, Lifefitness, and Pre-Cor. Treadmills, bikes, cross trainers, steppers and step mills will be ready for your use as you overlook the bay and the world famous U.S.S. Kitty Hawk, the United States' only forward deployed aircraft carrier.

At Yokosuka's MWR Fleet Gymnasium, we strive to provide a clean, 24 hour facility with quality service and state-of-the-art equipment for your sporting enjoyment and fitness needs. Stop by the office anytime with comments or suggestions, we are here to help make your tour in Yokosuka a great one.

Mac McCormick: Fleet Gym Manager
email: mccormick.daniel@cfay.navy.mil



Fleet Gym

Circuit Training: Another great improvement to the Fleet Gym for 2004, this area features a complete line of STRIVE fitness equipment, with its patented 3 stage cam workout. This area is located on the 5th floor, and you can participate in group strength training and circuit training classes conducted by Fitness staff.

Aerobics Room: This room is located on the 5th floor of the Fleet Recreation Center, and hosts over 60 classes each week such as indoor cycling, step, boot camp, cardio boxing, and many others. Please call 241-4486 for the complete schedule.

Gear Issue: This desk is located on the 4th floor to the left of the elevators. Please stop by here to check out daily lockers, workout clothes, or any recreational items that you will need for your workout.

Other amenities include 3 racquetball courts, 2 basketball courts, ping pong, a boxing training area, a stretching area, and a climbing wall.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CC Captain's Cup IM Intramural Sport Varsity Varsity Sport Fleet Fleet Gym Activity Club Club Sport Golf Adult Sports Golf Event • Invitational Tournament		1	2	3	4	5
		Prepare for Fuji Fitness Event: Fleet Gym, June 1 to 14	CC Co-ed Kickball Tourney Sign-ups Close			CC Co-ed Kickball Tourney: Youth Softball Field, 1000 Family Fitness Event: Ikego Pool, 0900
6	7	8	9	10	11	12
			IM Cosmic Bowling League Sign-ups Close IM Wiffleball Tourney & Quickball Competition Sign-ups Close	IM Cosmic Bowling League: Bowling Center, 1900	Aqua Theater: Ikego Pool, 2000	Splash & Dash Biathlon: Green Beach Pool, 0900 IM Wiffleball Tourney & Quickball Competition: Fleet Gym, 1000
13	14	15	16	17	18	19
	Flag Day 5K: Main Base Flag Pole, 1130 Father's Day Golf Tourney Sign-ups Close				Father's Day Golf Tourney: Zama, 0730	Father's Day Family Fun Run: All Three Bases, 0900
20	21	22	23	24	25	26
Father's Day Pool Party: Green Beach Pool, 1200	Longest Day of the Year 6K: Thew Gym, 1130		IM Heat is On "Hoop it Up" Basketball: Sign-ups Close		IM Heat is On "Hoop it Up" Basketball: Fleet Gym, 1800	
27	28	29	30	31		
			IM 4th of July One Pitch Tourney Sign-ups Close			

JUNE

Women's Gym:

This gym is located in the main building at Thew Gym, and is a great place to work out for beginners and experienced patrons alike. Some patrons feel intimidated by the larger gyms, or simply prefer the peace and quiet of a smaller gym facility. If this sounds like you, Thew's Women's Gym is the place to get a great work out. This gym offers Nautilus resistance equipment, limited free weights, a stretching area, and the latest in cardio equipment such as cross trainers, steppers, bikes and treadmills by the best manufacturers in the industry.

Co-ed Gym:

There is also a Co-ed weight area located to the side of the main gym facility. This area contains a full line of Nautilus, Holst, Body Master, and Lifefitness weight equipment. There is also a cardio room and second deck filled with bikes, step mills, cross trainers, treadmills, 6 TV's, and a state-of-the-art Cardio Theater will be online in early 2004. Similar to all of Thew's facilities, patrons here usually prefer and enjoy a quieter workout and the small town atmosphere.

Aerobics/Martial Arts Room:

The nice wood floor and tatami mats of this room make it the perfect place for both aerobics classes and martial arts. The Athletic Department offers many classes each week in several martial arts as well as aerobics classes like cardio karate and step. Please contact 243-5398 for more information.

Gear Issue:

This desk is located behind Thew Gym and is connected to the men's locker room. Please stop by here to check out workout clothes or any recreational items that you will need for your workout.

Lunchtime Basketball is one of the most popular programs at Thew. Everyday from 1100 to 1300 some of the best players on base come out for competitive yet friendly games of 5-on-5 full court basketball. The next time you get the itch for some full-court action, simply stop by the gym ready to play, and sign your name on the board for next game.

Thew Gym is located at the Berkey Field Complex on main base Yokosuka, next to Truman Bay. This gym is one of the oldest in the Navy, however it is the "hometown" atmosphere that attracts patrons. Among the usual amenities of locker rooms, basketball and racquetball courts, Thew Gym also boasts one of the only "women's only" weight rooms in the U.S. Navy. The gym staff is always available to answer your questions as well as take reservations, sign ups and registrations for events or facilities hosted by the Athletic Department. Call 243-5398 for assistance. One of our friendly staff will be glad to help you with your recreational needs.



Thew Gym



I would like to welcome you to Thew Gym! Although the facility is old, the staff at Thew Gym make it their mission to provide the best fitness facility, equipment, training, and service available, to help you reach your fullest potential as athletes whether you are participating in sports performance, body building, injury recovery, pregnancy or general toning. I truly hope your experience at Thew Gym has been a pleasant one and continues to

be in the future. If you have any comments regarding the staff or service, feel free to call me at 243-5398 or email thewgym@ysa.attmil.ne.jp. Thanks for your support!

George Williams:
Thew Gym Manager
email: thewgym@ysa.attmil.ne.jp

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CC Captain's Cup IM Intramural Sport Varsity Varsity Sport Fleet Fleet Gym Activity Club Club Sport Golf Adult Sports Golf Event + Invitational Tournament				1	2	Independence Day 3 Skate: Skateland, 1000
						2nd Annual Yokosuka Open Bowling Championship: Bowling Center, 1000
4 Independence Day Pool Party: Green Beach Pool, 1200 Independence Day 5K: Thew Gym, 0800	5	6	7 Fleet Firecracker Racquetball Tourney Sign-ups Close IM Summer BBall League Sign-ups Close	8	9	10 * Fleet Firecracker Racquetball Tourney: Fleet Gym, 0900 A Midsummer's Day 3K: Negishi, 0900
11	12 IM Summer Basketball League: Fleet Gym, 1730	13	14	15	16 Aqua Theater: Negishi Pool, 2000	17 Splash & Dash Biathlon: Green Beach Pool, 0900 CC Swim Meet: Green Beach Pool, 0900
18	19 CC Golf Tourney Sign-ups Close	20	21 IM Mini Soccer Tourney Sign-ups Close IM Summer Softball League Sign-ups Close	22	23 CC Golf Tourney: Atsugi, 0700	24 Prediction Day 5K Fun Run: Ikego, 0900 IM Mini Soccer Tourney: Thew Gym, 0900
25 IM Summer Softball League: Main Softball Field, 1730	26	27	28 CC Soccer Tourney Sign-ups Close	29	30	31 Family Pool Event: Green Beach Pool, 0900

Fitness Equipment:

Various equipment is available for the fitness enthusiast including work-out gloves and weight belts, medicine balls, jump ropes, boxing gloves, heart-rate monitors, small hand weights, ankle weights, stop watches, and we are always willing to add items for check out upon request.

Sporting Equipment:

You name the sport, we have what you need. Gear Issue will check out soccer balls, basketballs, footballs, volleyballs, beach volleyballs, floor hockey equipment, softball equipment, racquetballs, tennis balls, racquetball racquets and safety goggles, tennis racquets, ping-pong paddles and balls, and horseshoes.



First Aid:

Every staff member working for the fitness center is required to be CPR/First Aid certified. Should you have any problems and need immediate medical attention, please contact a staff member as soon as possible. The Fleet and Thew Gyms are stocked with basic first aid equipment, and can refer you to the Medical Clinic when necessary.

Gear Issues are located in the Fleet and Thew Gymnasiums. Simply bring your ID card to the Gear Issue desk, fill out a check-out form, and prepare to recreate! The Gear Issue desks offer a variety of recreational equipment for all of your sporting needs. Towels are always available for check out as well. Even if you have some free time and didn't bring any workout clothes, you are in luck. Gear Issue will check out a full set of workout clothes, including shoes if needed. If you have items that you check out daily, you are welcome to apply for a permanent gear issue

hard-card that can be re-used daily, saving paperwork and time. Simply ask a Gear Issue attendant for an application.

Gear Issue



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cardio Triathlon: August 1 to 31	2 CC Soccer Tourney: Main Soccer Field, 1730	3	4 CC Co-ed Softball Tourney Sign-ups Close	5	6 Hot Summer Nights 5K Run: Thew Gym, 2000	7 CC Co-ed Softball Tourney: Main Softball Field, 0900
8	9	10	11 IM Strong Man Competition Sign-ups Close	12 Sprint Duathlon: Negishi, August 12 - 13	13	14 Back to School Salsa Party: Green Beach Pool, 1200 Splash & Dash Biathlon: Green Beach Pool, 0900 IM Strong Man Comp.: Thew Gym, 1000
15	16	17	18	19	20	21 Dog Days of Summer 3K Dog Walk: All Bases, 0900 Varsity Basketball Tryouts: Thew Gym, 1000
22	23 End of Summer Golf Tourney Sign-ups Close	24	25 CC Co-ed Soccer Sign-ups Close	26	27 End of Summer Golf Tourney: Tama Hills, 0800	28 CC Co-ed Soccer Main Soccer Field, 0900 Family Fitness Event: Negishi Pool, 0900
29 IM Labor Day Basketball Bonanza Sign-ups Close IM Labor Day Softball Spectacular Sign-ups Close	30	31	3rd Annual Yokosuka Bodybuilding Championship: Date TBD			

CC

IM

Varsity

Fleet

Club

Golf

Captain's Cup

Intramural Sport

Varsity Sport

Fleet Gym Activity

Club Sport

Adult Sports Golf Event

• Invitational Tournament

AUGUST

The MWR Sports Department strives to provide everyone in the Yokosuka, Ikego, & Negishi Military Communities with a wide range of sporting activities, leagues, and fun runs to meet your special interests as well as enhance your physical fitness for mission readiness. From varsity sports such as tackle football and soccer to club sports like rugby and wrestling, we offer activities for sports enthusiasts of all interests. I am always available and have open ears for any questions or suggestions regarding the sporting activities as well as new sports you would like to see offered. You can contact the Sports Department at 243-5783 or call the Sports Line at 241-2953 for daily schedules, updates, weather cancellations & announcements. See you at the ball fields!



Jessie Ecklund: Sports Director
email: adsports@ysa.attmil.ne.jp

Varsity Sports include teams put together for the purpose of traveling/hosting military tournaments or leagues in the Pacific. This process involves coach selection, try-outs, practices, and tournament/league play. This is done periodically for All-Pacific tournaments as well as scheduled matches against nearby Kanto Plain opponents. Our Varsity Sports Program is among the most successful in the U.S. Navy. In fact, our tackle football team, the Yokosuka Seahawks, have won 4 consecutive Japan Military American Football League Championships.

Varsity & Club Sports

Sports Clubs are developed by a group of individuals who share a common interest in a particular sport or activity. Sports clubs offer the individual the opportunity to participate in a competitive, recreational, or instructional pursuit that otherwise might not be possible or affordable. Sports clubs are for military community members who want to enjoy a longer term relationship (in many cases, year round) with their sport of choice and a group of other people who share a similar interest in that activity. All sport clubs at Fleet Activities Yokosuka are co-recreational and available to all active duty military, DoD civilians, and their family members. Examples of current sports clubs include wrestling, rugby, ice hockey and masters swimming.

The Sports Director will aid club members in the conception, organization, marketing and continuation of their club. If you are interested in starting up a club, please contact the Sports Director at 241-2955 to set up an appointment.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<div>CC Captain's Cup</div> <div>IM Intramural Sport</div> <div>Varsity Varsity Sport</div> <div>Fleet Fleet Gym Activity</div> <div>Club Club Sport</div> <div>Golf Adult Sports Golf Event</div> <div>• Invitational Tournament</div>			1	2	<div>* IM Labor Day</div> <div>Basketball Bonanza:</div> <div>Fleet Gym, 1730</div> <div>* IM Labor Day Softball</div> <div>Spectacular: Main</div> <div>Softball Field, 1730</div>	4		
5	<div>Labor Day 5K Run:</div> <div>Ikego/Negishi, 0900</div> <div>Labor Day "No Work/</div> <div>School" Skate:</div> <div>Skateland, 1000</div> <div>Labor Day Bash:</div> <div>Green Beach, Ikego,</div> <div>Negishi Pools, 1200</div>	6	7	8	9	10	<div>CC 2 Person</div> <div>Beach Volleyball:</div> <div>Sand Volleyball Courts,</div> <div>0900</div> <div>Splash & Dash</div> <div>Biathlon: Green Beach</div> <div>Pool, 0900</div>	11
12	<div>Soccer/Football</div> <div>Cond. Camp:</div> <div>Yokosuka/Negishi,</div> <div>September 13 - 17</div> <div>CC Bowling Tourney:</div> <div>Bowing Center, 2000</div> <div>Cardio Jam: Negishi,</div> <div>September 13 - 17</div>	13	14	15	16	17	18	<div>Mini Aerobathon:</div> <div>Fleet Gym, 0900</div> <div>CC Table Tennis</div> <div>Tourney: Fleet Gym,</div> <div>0900</div>
19	20	21	22	23	24	25		
	<div>IM Fall Tennis Tourney:</div> <div>Chapel Tennis Courts,</div> <div>1730</div>				<div>Poker Fun Run 5K:</div> <div>Fleet Gym, 1130</div>			
26	27	28	29	30				
			<div>CC Navy Sports Week</div> <div>Sign-ups Close</div>					

SEPTEMBER

Golf

Although Yokosuka Naval Base does not have its own golf course, many community members find a way to play and practice their favorite game. The recently renovated driving range is free of charge and open 24 hours a day. The range is located at the Berkey Field Complex, and features an adjoining chipping green. Many renovations were completed this past year to provide an excellent practice facility for the CFAY golfing community.

For those who just like to “get out and play”, the local Kanto area features 3 outstanding military golf courses at nearby NAF Atsugi and Camp Zama, and Tama Hills in Tokyo. All of these courses are open to SOFA sponsored golfers and offer very reasonable rates and frequent tournaments. If you would like to get involved in any of these programs, please contact our Sports Office for assistance, and we will point you in the right direction.

MWR also partially subsidizes green fees to a local Japanese course, Hayama Golf Club. Please contact the Sports Office at 243-5783 for more details.



NAF Atsugi Golf Course: 264-3779
Camp Zama Golf Course: 263-4975
Tama Hills Golf Course: 224-3426

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>CC Captain's Cup</div> <div>IM Intramural Sport</div> <div>Varsity Varsity Sport</div> <div>Fleet Fleet Gym Activity</div> <div>Club Club Sport</div> <div>Golf Adult Sports Golf Event</div> <div>• Invitational Tournament</div>					1	2
					Cardio Triathlon October 1 to 31	CC Powerlifting: Thew Gym, 1000 Poker Fun Run 5K: Negishi, 0900
3	4	5	6	7	8	9
	CC Navy Sports Week: Fleet & Thew Gyms, October 4 to 7	Columbus Day Golf Tourney Sign-ups Close	CC Flag Football Sign- ups Close		Navy Day Survivor Challenge: Seaside Pool, 1000 Columbus Day Discover Run: Thew Gym, 1130	
10	11	12	13	14	15	16
	Columbus Roll & Glow Skate: Skateland, 1000 Columbus Day Discovery Run: Negishi, 0900 Columbus Day Golf Tourney: Hayama, 0730	CC Flag Football: Main Football Field, 1730	IM Floor Hockey Tourney Sign-ups Close			IM Floor Hockey Tourney: Thew Gym, 0900 International Aerobathon: Fleet Gym, 0900
17	18	19	20	21	22	23
			IM On Fire 3 on 3 Basketball Tourney Sign-ups Close			IM On Fire 3 on 3 Basketball Tourney: CNFJ Fire Station, 1000 Great Pumpkin 5K Run: Ikego, 0900
24	25	26	27	28	29	30
					Running Scared Halloween Fun Walk: Thew Gym, 1800 Oktoberfest Golf Tourney: Atsugi, 0700	CC Floor Hockey Tourney: Thew Gym, 0900
31	Oktoberfest Golf Tourney Sign-ups Close		CC Floor Hockey Tourney Sign-ups Close			
Halloween Skate: Skateland, 1600						

OCTOBER

Looking for the perfect location for a command function? Plan on celebrating a birthday or other special occasion? Or perhaps you just want to get together with some friends for a barbecue? Whatever your inspiration, MWR has just the place for you. We currently offer 12 pavilions at the Berkey Field Complex on main base, and a pavilion/picnic area in both of the housing areas. If you plan on doing some recreation activities during your party, our pavilions border softball fields, sand volleyball courts, outdoor basketball courts, and all purpose activity fields. Just ask our staff at one of the gym offices and we will do our best to meet your pavilion reservation needs!



Pavilions & Fields

Yokosuka: 243-5398
Negishi Housing: 242-4120
Ikego Housing: 246-8071



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
			IM Indoor Soccer League Sign-ups Close		Family Aerobic Event: Ikego, 1700	Fleet Veteran's Day Racquetball Tourney: Fleet Gym, 0900
7	8	9	10	11	12	13
	IM Indoor Soccer League: Thew Gym, 1730		IM Gobbler Softball Tourney Sign-ups Close	Veteran's Day Skate: Skateland, 1000	Veteran's Day Road Race 5K: Ikego, 1100	
14	15	16	17	18	19	20
IM Gobbler Softball Tourney: Main Softball Field, 1730	Volleyball Conditioning Camp: Yokosuka/Negishi, November 15 to 19		CC Co-ed Flag Football Tourney Sign-ups Close	Toy Drive 5K Run (Toys for Tots): Thew Gym, 1130	Ultimate Fitness Challenge: Negishi	Mini Aerobathon: Fleet Gym, 0900 CC Co-ed Flag Football Tourney: Main Football Field, 0900 Gobbler 5K Run/Walk: Negishi, 0900
21	22	23	24	25	26	27
			American Family Appreciation Turkey Trot 5K: Thew Gym, 1130	Skateland Closed	Family Fun Day: Seaside Pool, 1100	
28	29	30	CC Captain's Cup IM Intramural Sport Varsity Varsity Sport Fleet Fleet Gym Activity Club Club Sport Golf Adult Sports Golf Event • Invitational Tournament			
	IM All-Pacific Wrestling Tourney Sign-ups Close					

NOVEMBER



Skateland



The Skateland facility is located in building B-49, the old Fleet Recreation Center, and is one of the only skating rinks in the world located on a U.S. Military Base.

Skateland offers public skating sessions seven days a week from 0900 to 2100, that offers family fun in a clean and safe environment for all ages to socialize and exercise. Our Party Room is ideal for group outings and birthday parties and it is priced reasonably to meet any skater's budget.

In addition to great service & entertainment, we offer a high-tech surround sound system that plays the best in contemporary and oldie music. Come on out and celebrate a day of fun or your next birthday at Skateland... it's sure to be fun!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>CC Captain's Cup</div> <div>IM Intramural Sport</div> <div>Varsity Varsity Sport</div> <div>Fleet Fleet Gym Activity</div> <div>Club Club Sport</div> <div>Golf Adult Sports Golf Event</div> <div>• Invitational Tournament</div>			<div>1</div> <div>CC 10 Man Tug of War Sign-ups Close</div> <div>Fleet Yuletide 6' Under Basketball Slamfest Sign-ups Close</div>	<div>2</div>	<div>3</div> <div>* IM All-Pacific Wrestling Tourney: Thew Gym, 0900</div>	<div>4</div> <div>CC 10 Man Tug of War: Thew Gym, 1200</div> <div>Mini Aerobathon: Fleet Gym, 0900</div>
<div>5</div>	<div>6</div> <div>Fleet Yuletide 6' Under Basketball Slamfest: Thew Gym, 1730</div>	<div>7</div>	<div>8</div> <div>IM Iceberg Classic Softball Tourney Sign-ups Close</div>	<div>9</div> <div>CC 5 Person Loop Relay Sign-ups Close</div>	<div>10</div> <div>CC 5 Person Loop Relay: Thew Gym, 1200</div> <div>* IM Iceberg Classic Softball Tourney: Main Softball Field, 1730</div>	<div>11</div> <div>Water Survivor: Seaside Pool, 1300</div> <div>Santa's Little Elves Family Fun Walk: Thew Gym, 0900</div>
<div>12</div>	<div>13</div> <div>12 Days of Fitness: December 13 to 25</div>	<div>14</div>	<div>15</div>	<div>16</div>	<div>17</div> <div>CC Awards Ceremony: Thew Gym, 1100</div>	<div>18</div> <div>Jingle Bell Jog: Ikego, 0900</div> <div>Frost Bite 5K Run: Negishi, 0900</div>
<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div>	<div>24</div> <div>Christmas is Coming Skate: Skateland, 1000</div> <div>Cardio Burn Week: December 24 to January 1</div>	<div>25</div>
<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>31</div> <div>Inner Tube Water Polo Tourney: Seaside Pool, 1100</div> <div>IM Good Luck Horseshoe Tourney: Horseshoe Pits, 1100</div> <div>New Year's Eve Skate: Skateland, 1000</div>	

DECEMBER

Captain's Cup

as possible in Captain's Cup activities. The Captain's Cup Trophy for Men, Women, and Co-Rec will be presented at the CFAY Sports Banquet in December 2004. In addition, the overall champion and runner-up in each division will be presented with monetary awards to the command recreation fund in the amount of \$500 and \$250 respectively.

Rules & Format

Rules

Commands may be represented by as many teams as desired in each event, with the top finisher from the Command receiving points towards the overall Cup. For all Captain's Cup Events, participating personnel must be directly attached to that Command, by duty or sponsorship.

Minor Sports will consist primarily of double elimination tournaments. Major Sports will consist of a round robin pool play followed by a single elimination tournament that will be seeded by pool play results. The Races/Runs will be scored by the 3 quickest times by participants. The Meets will be governed by the rules for that particular event.

All Major Sport Captain's Cup Events will be played when all Commands have the opportunity to be represented if at all possible. Commands that are not in port during a Captain's Cup Event (Minor or Major) will be given the points for participation, but no points for place finishing.

Captain's Cup 2003 Men's Champion: NSGA
Captain's Cup 2003 Women's Champion: NSGA
Captain's Cup 2003 Co-Ed Champion: NSGA

Format/Scoring

I. Major Sports: Round Robin Play/ Single Elimination Playoff

A. Basketball, Softball, Soccer, Volleyball, Flag Football

B. Points Structure

1. Participation — 100 points
2. Regular Season Wins — 5 points
3. Playoff Wins — 10 points
4. Team Place Points: 1st - 50, 2nd - 40, 3rd - 30, 4th - 20

II. Minor Sports: Double Elimination Playoff

A. 3-on-3 Basketball, Floor Hockey, Mini-Soccer, Indoor Soccer, etc...

B. Points Structure

1. Participation points — 50
2. Wins in winners bracket — 5 points
3. Wins in losers bracket — 2 points
4. Team place points: 1st - 20, 2nd - 15, 3rd - 10, 4th - 5

III. Runs/Races

A. Points Structure

1. Participation points — 40 for 5 runners, 30 for 4 runners, 20 for 3 runners
2. Three runners must participate to be considered for team points
3. Team place points: 1st - 20, 2nd - 15, 3rd - 10, 4th - 5

IV. Team Meets

A. Swim Meet, Track and Field

B. Points Structure

1. Participation points — 40 for 8 participants, 30 for 7, 20 for 6
2. Six participants must participate to be considered for team points
3. Individual points — 1st - 8 points, 2nd - 6, 3rd - 4, 4th - 3, 5th - 2, 6th - 1
4. Relay points — 1st - 12 points, 2nd - 9, 3rd - 6, 4th - 4.5, 5th - 3, 6th 1.5
5. Team place points — 1st - 20 points, 2nd - 15, 3rd - 10, 4th - 5

Intramural Sports represents the structured team, individual/dual and special events competitive portion of MWR Athletics for all organizations or commands assigned to Fleet Activities Yokosuka. Intramural Sports are structured to provide active duty, DoD civilians, and their family members the opportunity to participate in a wide variety of sports and physical activities that meet their diverse interests and needs. All intramural activities are offered for men and women. Activities for co-recreation (men and women play together) are offered when the number of entries allow.

Intramural Sports Staff

The Intramural Sports Staff are here to serve you. We hope you have a fun, safe, sporting event and we will do everything possible to achieve the goals of the MWR Athletic Department. We encourage constructive comments and want to hear from you. If we can be of service, come by the Thew Gym Sports Office, call us at 243-5783 or email adsports@ysa.attmil.ne.jp.

A basic tenet of Intramural Sports centers is the fact that sportsmanship is vital to each and every program that we offer to the military community. It is through the adherence of all rules, as well as positive codes of conduct, that this goal is achieved. The team members are responsible for the action of any individual player and for the spectators directly related to the team. In addition, Sports Supervisors and Sports Officials will rate each team's sportsmanship after each contest and have been granted sole authority to make decisions to warn, penalize, or eject participants or teams for poor displays of sportsmanship. Teams must maintain a favorable sportsmanship rating (at least 7.0 out of 10) to remain eligible to participate in Intramural activities. The Sports Director will rule on further penalties to be issued. All affected participants must report to the Sports Director before their next scheduled game before they will be reinstated to play. Appointments to meet with the Sports Director may be made between 1100 and 1700 Monday through Friday at the Thew Gym Sports Office. Specific information on sportsmanship rules and regulations is described in detail later in the handbook.

Free Agents

If you do not have the full complement of players to field a team, you can still get involved in intramurals. Individuals can get on a team or find additional players through the Free Agent System. Outside the Thew Gym Sports Office is our CFAY Sports Board where individuals can write down their names indicating their availability and interest in playing a particular activity. Team captains that are short a player or two are encouraged to contact available players.

Sports Supervisors

The Intramural Sports Supervisors are very integral to the operations of Intramural Sports activities. These supervisors assist in providing organization and guidance for management of activity participants, officials, equipment, and facilities. These supervisors (in conjunction with game officials) are also responsible for on site enforcement of intramural rules and policies.

Sports Officials

Sports Officials are an essential part of the Intramural program at CFAY. All community members have the opportunity to earn extra money by becoming a Sports Official. No experience necessary, just an interest in sports and the desire to succeed. All Sports Officials are trained, scheduled, and provided by the Japan American Sports Officials Association. The pay scale is from \$10-\$40 per game and opportunities to earn money as scorekeepers are also available. The Association will work around your schedule, and you are welcome to officiate as well as play in our leagues. Please contact the Sports Director at 243-5783 for more information.

Intramural Handbook

Command Sports Coordinators

The Intramural Sports Program relies heavily on the volunteer efforts of Command Sports Coordinators. CSC's provide a vital link in the communication chain between their organization and the Intramural Sports Program. Some organizations appoint their CSC's, and some are recruited, but all should be enthusiastic sailors interested in sports. If you are interested in representing your command as a CSC for sports activities, please contact your command Recreation Service Officer.

Intramural Sports Advisory Board

This board assists the Sports Director in hearing all appealed disciplinary cases involving individuals or teams violating the rules and regulations of the Intramural Sports Program. Any individual or team reserves the right to appeal any suspensions handed down to participants by the Sports Director. The individuals or teams involved will be suspended from intramural competition pending a decision by the board. The board consists of, but will not be limited to, the MWR Athletic Director, MWR Fleet Recreation Director, and the Recreation Service Officers/Command Sports Coordinators for each major command attached to CFAY (due to ship movements and TAD some members may not be represented).

Procedures of Appeals:

- A.** To be considered, all individuals, teams, or organizations must submit a memo regarding their Intramural Sports Appeal to the Thew Gym Sports Office within 24 hours after the decision in question. All memos must be submitted to the Thew Gym Office between the hours of 0900-1630 Monday through Friday.
- B.** The Intramural Sports Advisory Board must notify the parties involved at least 72 hours prior to a hearing unless representatives waive his/her right. At this time, the parties will be notified of charges and the witnesses to be called.
- C.** The coach and team captain of each team concerned may be represented at the hearing. Each party may call witnesses to his/her defense.
- D.** An audio tape will be made of the inquest and the final decision rendered.
- E.** At the completion of the hearing, the parties will be verbally notified of the committee's decision. Within 72 hours after the decision, a written letter will be sent by the Athletic Director indicating the decision.

Divisions of Play

The three divisions of play will be Open-roster, Intramural and Captain's Cup. All divisions of play are open to active duty military, DoD civilians and dependents, 17 years of age and over; youth may participate in any of the fun runs, Kinnick High School may submit a varsity team for leagues. **Open Roster:** Any combination of active duty military, DoD civilians and dependents from any command may comprise the team roster.

Intramural: Players may only participate for the department that they are assigned to. If the department does not have a team, the person may play with any team from their respective command. Personnel TAD to CFAY will participate with their assigned TAD unit only. DoD civilians and dependents may play for the organization that their sponsor is assigned. Dependents may only play on a team when doing so does not prevent active duty members from playing. Exceptions to these rules will be handled by Players Pool.

Captain's Cup: For all Captains Cup Events, participating personnel must be directly attached to that Command to be eligible for points, through duty or sponsorship. Civilians and dependents are eligible to participate if they are currently employed or sponsored by the command for which they wish to represent.

Players Pool Rules:

- 1.** Players wishing to be put into the Players Pool must receive a players pool release form from the Thew Sports Office, and have their organization's Commanding Officer sign it, stating that their unit does not intend to enter a team, or the individual has permission to be released into the pool. Once the form is signed it must be returned to the Thew Gym. Players are then considered released into the players pool. All release forms must be turned in to the Sports Office no later than 0900 the day of the draft.
- 2.** Organizations or units wishing players must submit a letter of request to the Sports Director signed by their Commanding Officer. Letters requesting players are available at the Sports Office. Once received, the Sports Director will place the unit in the players pool.

Players Pool (cont.)

- 3.** Letters with the complete endorsement will then be given to the Sports Director for filing, then the player will be allowed to participate in the season.
- 4.** Organizations that have more than one team may not draw from the players pool.
- 5.** Contact the Sports Office with questions regarding Players Pool.

Awards

Individual t-shirts or trophies will be given to the top team of each sports tournament, unless otherwise specified. The top three teams in each tournament will receive team awards. Individual sports such as tennis, racquetball, and table tennis will have individual awards for the top 3 finishers.

Team Coach/Captain's Responsibility

- A.** Be responsible.
- B.** Submit the appropriate entries/roster forms before the sign up date.
- C.** Attend the mandatory coaches meeting as scheduled to receive important information and the activity schedule. Information at these meetings may contradict and supercede any previously published material. Teams not represented at these meetings will not know such changes.
- D.** Keep all players informed of scheduled games. Please do not forfeit your game.
- E.** Understand the eligibility/roster rules and make sure all of your players are eligible.
- F.** Before your first contest, read and understand the rules of your activity. Please inform all of your players of these same rules.
- G.** Control all your players! Team captains are responsible for their players' sportsmanship before, during, and after the contest. You are also responsible for the actions of fans associating with your team. Only team captains may request explanations and/or clarification from the sports officials.

Team Rosters

Team roster forms will be kept in the Sports Office. Players will be added to a team roster once a player plays for a particular team. Once a player has played for a team, they are ineligible to play for any other teams for the duration of that league/tournament.

Intramural Handbook

General Eligibility Rules (cont.)

- C.** **Assumed Name:** Any single participant in an Intramural Sports Contest under an assumed name shall be disqualified from that activity for the remainder of that activity, and is considered an ineligible player. Once ineligible, all games for all teams for which s/he plays will be forfeited from the time that the individual became ineligible, and team(s) will forfeit all points that have or would have been awarded for entering and participating in that activity. Use of any assumed name or false identification card is taken seriously and information regarding such acts will be forwarded to his/her Command for further review.
- D.** The Sports Office is obligated to investigate the eligibility of participants if a question is presented. In addition, should instances of eligibility violations come to the attention of any member of the Sports Staff/Officials in the course of administering the program, an investigation will be conducted, a ruling made and the involved parties informed.

Scheduling Information

If (prior to the schedule being made) the Sports Director is informed of any time conflicts or preferences, accommodations to these requests will be honored if at all possible.

In most cases, team schedules will be made available by the Friday following the Entries Due date. Please stop by the Thew Gym Sports Office to pick up a copy of your schedule and rules.

NOTE: In both Team and Individual/Dual Activities, check the schedule posted outside of the Sports Office regularly for any possible changes. Each team captain and/or individual is responsible for knowing their schedule and relaying that information to teammates.

Weather Cancellations

In the case of poor weather, a decision will be made at the Thew Gym Office by 1400 the day of the game. Please call 243-5783 for this information. If the decision is made to play ball at 1400, the decision as whether or not to play the game will be up to the Sports Officials at the game site.

If a game is cancelled due to inclement weather, it is the responsibility of the team coach/captain to go to the Sports Office first thing the next morning to verify reschedule time.

Forfeits and Defaults

When a team and/or individual forfeits a scheduled contest, not only is the opponent unfairly inconvenienced, Sports Officials still need to be paid as well, and valuable playing time and facility space is wasted. Please ensure that your team knows all scheduled playing times to avoid forfeits.

Game time is forfeit time. There are no grace periods. If a team and/or contestant fails to appear at the scheduled contest site by the exact time scheduled, the Intramural Sports Staff/Game Officials may declare the contest forfeited to the opponent. The Intramural Sports Staff member/Game Officials may delay declaring a forfeit, depending on special circumstances.

Two (2) forfeits during the season will result in the team being dropped from the league. All remaining games of the forfeited team will count as a win for the scheduled opponents. Teams dropped from play will be exempt from the post-season tournament or re-entry into the league. If a team forfeits out of the league, those players are ineligible for play the remainder of the season.

Responsibility for Eligibility:

The Sports Staff does not assume responsibility for checking upon the eligibility of individuals participating, but any cases of ineligibility called to the staff's attention by game officials or opposing players will be dealt with according to the rules. Organization team coaches/captains will be responsible to check the eligibility for their own players and should check that of their opponents.

General Eligibility Rules

- A.** An individual will be allowed to participate with only one team in a given activity (exception: An individual may participate on a Co-Recreational team and one other men's or women's team in the same activity). Additionally, a participant must complete the activity season for the team on which s/he began the season. Any participant violating this rule becomes ineligible from the moment s/he plays for the "second team". Once ineligible, all games for all teams for which s/he plays will be forfeited, from the time that the individual becomes ineligible. Note: a name appearing on a score sheet constitutes having played in that game whether or not the individual actually entered the game.
- B.** Player(s) may be added to a team roster by player or coach at the game-site, up until the start of the game. The player will be added by showing his/her ID when signing in with the IM staff on the official scorecard. For activities that consist of league play, players may be added up until the start of that team's final regular season contest. For single and double-elimination activities, players may be added until the start of that team's second scheduled game regardless of round, in their respective bracket.

If fewer than 50% of a regulation team shows up at game time, the game will be recorded as a forfeit. If 50% or more of a regulation team shows up at game time, but not enough to play, a default will be recorded. Two (2) defaults equal one (1) forfeit. A team's and/or individual's first default counts as a loss but does not jeopardize their chance of making the post-season playoffs. A team and/or individual that anticipates a problem meeting their contest time, may default a scheduled contest by contacting the Thew Gym Sports Office at 243-5783 before 1500 the day of their game. If the call is received before 1200, the game will be rescheduled if at all possible. Tournament games will not be rescheduled due to the logistics of the program.

Protest Procedures

Sports Official's Judgment: Questions as to a Sports Official's judgment are not valid grounds for a protest. There may be times when you feel like you have been wronged and you may be correct. But, if the wrong was caused by poor judgement (in your opinion) on the part of the Sports Officials, Timers, Score Keepers, or other staff members assigned to the contest, the call shall stand and there is no recourse but to accept the Sports Official's decision.

Rule Interpretation: During an Intramural Sports Contest, if a question is raised as to the proper (or improper) interpretation or application of a rule (clearly not a judgment call), it is the sole responsibility of the Team Captain of the offended team to follow the procedure below exactly. The procedure is designed such that an error can be corrected immediately. Once a call has been accepted, (i.e. by allowing play to resume without the proper procedure), the right to protest is forfeited.

1. The Team Captain must ask the Sports Official in charge for a clarification of the rule immediately (before the ball becomes live again and/or play resumes following the incident in question).
2. If the clarification does not resolve the issue, the Team Captain should request that the Sports Director be called in. The Sports Director will confer with the Sports Official(s), refer to the official rules of the game, and will either support or correct the Sports Official(s).
3. If the Sports Director/Supervisor is unavailable, or if his/her clarification still leaves the issue unresolved, the protesting Team Captain may lodge an official protest at the time. It is the responsibility of the Team Captain to make sure that all pertinent game information (time left, score, possession, etc.) is correctly noted on the Protest Form by the Sports Official and/or Sports Supervisor.
4. After reading the previous procedure, it is obvious that the burden of filing a protest is placed solely on the Team Captain. Frankly, we discourage protests. We all make mistakes and Intramural Sports is no exception, especially when we put our welfare in the hands of our valuable peers. If an error is correctable, we hope that we can make things right whenever possible. We thank you for your understanding.

Written Protest Time Frame:

A. An official protest (rule interpretation or eligibility) must be filed, in written form, on an official Protest Form, no earlier than four (4) hours nor later than twenty-four (24) hours following that

contest. During the four (4) hour 'cooling off period' we hope that most Team Captains will choose to accept the Sports Official's call and not file a written protest.

B. During tournaments, or playoffs, when time is of the essence, the four (4) and twenty-four (24) hour rule does not apply. A written protest must be filed before the next scheduled round of games in that teams' respective bracket (following the protested game). Failure to do so waives all protests.

Sportsmanship System Rules and Regulations

At CFAY Sports we appreciate good, intense competition, but acts of poor sportsmanship will not be tolerated.

A. Intramural Sports Supervisors, Sports Officials, and Staff jurisdiction is in effect from the time a team arrives at the playing site until the time the team leaves. Incidents outside of these limits may be examined as well.

B. In Team Sports activities, Sports Officials are required to rate teams on their sportsmanship on a scale of ten (10, outstanding behavior to zero (0), totally unacceptable behavior).

1. To be eligible for the post-season playoffs, a team must achieve a 7.0 average for all regular season games actually played.

2. Any team rated 6.0 or below in a game will receive an automatic one (1) game suspension from play in that activity and the Team Captain must meet with the Sports Director before the team can continue to play.

3. During any tournament, teams that receive below a 7.0 rating in a game will automatically be eliminated from the post-season playoffs, even if that team wins the game. The losing team, in this case, is reinstated and advances, provided its sportsmanship rating was above 7.0 for the game.

C. Conversely to officials rating the teams, Team Captains need to similarly monitor the efficiency of the Sports Officials. If you have a concern with an Individual Sports Official or incident, please contact the Sports Director for assistance. We expect our Sports Officials to be courteous to all participants, however, we understand that they may make some judgement errors.

Intramural Handbook

Player Conduct

The development of sportsmanlike attitudes is one of the Sports Department's major goals, and good sportsmanship is vital to the conduct of every contest in the Sports Program. Clearly, sporting contests are important to the participant, but the importance should not become so overriding that players lose sight of appropriate behavior. The playing field is not a venue for physical or verbal abuse for the players or spectators. An individual or team must be able to accept defeat graciously without blaming others. A team is responsible for the actions of individual members and for spectators directly related to their team. The conduct of players and spectators before and after the game is as important as the conduct during the game. Teams/Commands will be held responsible for their group's conduct. To discourage unsportsmanlike conduct, the following policies have been adopted:

Participant Ejection: Any player, coach or fan ejected from a contest for any disciplinary reason must leave the playing facility (sight and sound) within one (1) minute or their team will forfeit the contest. The participant will also be automatically suspended for a minimum of one contest (which is actually played) in all Intramural Sports activities that are currently entered in and/or planned to be entered in.

Two unsportsmanlike fouls on any individual will result in automatic ejection from the game and a minimum of one game suspension. Three unsportsmanlike fouls on any team and the team will forfeit the contest, regardless of score, and minimum one game suspension for that team. In both cases, should the ejection occur during a tournament, the player and/or team will be suspended for the remainder of the tournament, regardless of severity. This penalty holds true for any unsportsmanlike ejections during a Captain's Cup Activity.

Recurring misconduct will be brought to the attention of the Athletic Director via the Sports Director, in letter form for appropriate action. Additionally, flagrant misconduct will be handled on an individual basis by the Athletic Director. Letters should be submitted the following day by all who saw the incident and felt the incident was misconduct. Once again, a player who is ejected must leave the field or complex immediately or the game will be forfeited.

A. Unsportsmanlike or Disruptive Behavior: Team members, captains, spectators, coaches or entire teams may be asked to leave the playing area if displaying such behavior. Suspension; minimum of one game.

B. Disrespect Towards Staff or Officials: Any individual addressing or verbally abusing a staff member or official in an unsportsmanlike, discourteous, or threatening manner will immediately be disqualified and ejected from that game/event. Suspension; minimum of two games.

C. Becoming Involved in a Fight: If the instigator can be identified, they will be suspended from further participation in that sport. "He hit me first" or "I was just defending myself" are NOT acceptable excuses for fighting. Instances of a more severe nature will result in further action being taken by the Sports Director. Suspension; minimum remainder of that season.

D. Team Members and/or Spectators who leave benches/viewing area to participate in any isolated altercation: Suspension; minimum remainder of that season for team.

E. Playing on More Than One Team: Suspension; minimum of the remainder of that season.

F. Intentionally Shoving or Striking a Staff Member or Official: This shall result in immediate ejection from the game/event. Suspension; minimum of one calendar year. Maximum Penalty; permanent expulsion from participation in the CFAY Sports Program.

G. Alcohol: Team members are not allowed to have or consume alcohol on the playing field or the bench area. If a player is under the influence in the judgement of the official, or has alcohol in the team area, he/she will be ejected from the game. Recurring instances will be reported to the Sports Director. Ejection; asked to leave playing area and may be banned from further participation.

H. Use of Assumed Name or Other Fraudulent Act: The use of an assumed name in any manner in the Sports Program. Suspension; remainder of that season, and referral to Command.

I. Profanity: Profanity will not be tolerated in any manner. Automatic unsportsmanlike foul.

J. Military Uniforms or parts of the military uniform are not allowed while participating in games: Individual will be asked to remove such articles, 2nd Offense = Ejection.

Reinstatement Procedures

Any player, coach, or spectator who is ejected from an Intramural contest is automatically suspended from all Intramural activity until official reinstatement.

A. To be reinstated, one needs to meet with the Sports Director as soon as possible.

B. The period of suspension for each person who is suspended from all Intramurals shall be determined by the Sports Director. The minimum suspension for any ejection is one game in the activity from which the person was ejected plus a three (3) month probationary period.

C. No individual will be reinstated prior to a personal visit with the Sports Director.

D. Intramural Suspension: The individual may not participate in any informal activity, whether it be a team sport, individual event, or a special event until the suspension is lifted.

LAST UPDATED DECEMBER 13, 2002

Adult Sports 2003 Champions



Coming in 2004 Commander's Cup

The Commander's Cup is a new event this year at Yokosuka. All shore and ship commands will have the opportunity to play each other in a year-long challenge competition that will provide you with yet another opportunity to prove that your command is the best. There will be a list of ten major sports and activities that will be released at the beginning of 2004.

All commands will be asked to challenge every other command in their group (ship or shore) throughout the year. You will just need to tell us the sport or activity and what day and time you would like to play - we will take care of the rest. At the end of the year we will be presenting this prestigious award at the CFAY Sports Banquet on December 17th at 1100. Good luck with this very challenging competition, and we hope it brings you and your command a great sense of pride as you compete together.

Racquetball Tournament	Jeff Leon / DoDDS
Men's Basketball Tournament	ATGWP
March Madness Basketball Tournament	ATGWP
Men's Volleyball Tournament	CFAY
5K Run	MIKE RANEY, EMILY MARCHESE
Men's Softball Tournament	NSGA
Spring Time Golf Tournament	MIKE WHIPPS, DICK GIBB
Asian Pacific Heritage Basketball Tournament	THE CREW
Horseshoe Tournament	JEREMY SOLES, TRAVIS DEXTER AMANDA TODD, ANDREA KISER
Memorial Day Softball Tournament	NSGA
Memorial Day Basketball Tournament	NEGISHI SWISH
Memorial Day Golf Tournament	BERNIE JIMENEZ, CHRIS RATIUTA
Tennis Tournament	JOAN YNGSON, JOSE PRADO
Co-Ed Kickball Tournament	NSGA
Bowling Tournament	NCTSFE
Father's Day Golf Tournament	DINDO ROCHA, JESSE DELEON
Summer Intramural Softball	NSGA
July 4 One Pitch Softball Tournament	NSGA
Men's Soccer Tournament	NSGA
Heat is on Basketball Tournament	BATTLE CATS
Co-ed Softball Tournament	NSGA
Co-ed Soccer Tournament	USS JOHN S. McCain
Labor Day Basketball Tournament	BATTLE CATS
Labor Day Softball Tournament	JEFF'S FITNESS
Men's Two Person Beach Volleyball	FISC
Men's Flag Football Tournament	USS BLUE RIDGE
Table Tennis Tournament	USS KITTY HAWK
Fall Tennis Tournament	JOSE PRADO, JOAN YNGSON
Darts/Pool Tournament	AMANDA TODD, RHONDA BENNETT W.J. McGRATH, DARIN WILLIAMS
Co-Ed Volleyball	USNH
Co-Ed Flag Football Tournament	CSG-7
Powerlifting Meet	TBD
Veteran's Day Basketball Challenge	Yokota Raiders
Yuletide " Under 6" Basketball Tournament	TBD
10 Person Tug of War	TBD
Co-Ed Basketball Tournament	TBD
5 Person Loop Relay Run	TBD
Iceberg Open Softball	TBD

Earn Fun Run Club Sports Apparel by participating in Fun Runs over the course of your tour in Yokosuka. There are 50 opportunities each year for you to become an official Fun Run Club Member. Once you have competed in 6 runs, you will get your official member's towel, 12 runs will earn you a member's t-shirt, 18 will earn you a sports bag, and 30 will earn you an official warm up. Good luck, and good running!

Fun Run Club Calendar



Attention Runners: Races are subject to change or cancellation due to various climate factors. Guidelines for race cancellations are covered in BUPERS Instruction 6110.1G on outdoor physical training with regards to black flag, heavy rain, and cold temperature conditions.

Lose the Holiday Calories 3K	January 3	0900	Negishi
New Year's Resolution 5K	January 7	1130	Thew Gym
I Have A Dream 5K	January 10	0900	Ikego
Martin Luther King 3K	January 16	1130	Thew Gym
Be My Valentine 3K	February 13	1130	Thew Gym
President's Day Walk/Run	February 21	0900	Ikego
I Cannot Tell A Lie 5K	February 21	0900	Negishi
Black History Month 5K	February 25	1130	Thew Gym
Irish American Heritage 10K	March 3	1600	Thew Gym
Women's History Month 3K	March 6	0900	Ikego/Negishi
St. Patty's Day 5K	March 13	0900	Negishi
April Fools 2K	April 1	1130	Thew Gym
Friendship Fun Run	TBD	0900	Ikego
Good Friday 5K	April 9	1130	Thew Gym
Spring Bonnett Run 5K	April 10	0900	Negishi
Tax Day 3K	April 15	1130	Thew Gym
Fitness Fair 5K Run	May 15	0900	NEX Courtyard
Mother's Day Family Fun Run	May 8	0900	All 3 Bases
Command 10K Relay	May 14	1100	Thew Gym
Memorial Day 3K	May 28	1130	Thew Gym
Splash & Dash Biathlon	June 12	0900	Green Beach Pool
Flag Day 5K	June 14	1130	Yokosuka Flag Pole
Father's Day Family Fun Run	June 19	0900	All 3 Bases
Longest Day of the Year 6K	June 21	1130	Thew Gym
Independence Day 5K	July 4	0800	Thew Gym
A Mid Summers Day 3K	July 10	0900	Negishi
Splash & Dash Biathlon	July 17	0900	Green Beach Pool
Prediction 5K Fun Run	July 24	0900	Ikego
Hot Summer Nights 5K Run	August 6	2000	Thew Gym
Splash & Dash Biathlon	August 14	0900	Green Beach Pool
Labor Day 5K Run	September 6	0900	Ikego/Negishi
Splash & Dash Biathlon	September 11	0900	Green Beach Pool
Poker Fun Run 5K	September 24	1130	Thew Gym
Dog Days 3K Dog Walk	August 21	0900	All 3 Bases
Poker Fun Run 5K	October 2	0900	Negishi
Columbus Day Discover Run	October 8	1130	Thew Gym
Great Pumpkin Run	October 23	0900	Ikego
Halloween Fun Walk	October 29	1800	Thew Gym
Veteran's Day Road Race 5K	November 12	1100	Ikego
Toy Drive Run 5K	November 18	1130	Thew Gym
Turkey Trot 5K	November 24	1130	Thew Gym
The Gobbler 5K Run/Walk	November 20	0900	Negishi
Santa's Elves Fun Walk	December 11	0900	Thew Gym
Jingle Bell Jog 3K	December 18	0900	Ikego
Frost Bite Run 5K	December 18	0900	Negishi



As the Commanding Officer I encourage all Afloat and Tenant Commands attached to CFAY to participate in the yearly Captain's Cup program. Not only will participation encourage teamwork and improve esprit de corps within your command, the physical benefits through participation are immeasurable. I look forward to December when I will be presenting the top commands with this year's Captain's Cup trophies.

Capt. King H. Dietrich, USN

Event	Date	Time	Sign-up By	Location
Basketball Tournament	January 5	1730	December 31	Fleet Gym
Racquetball Tournament	January 24	0900	January 24	Fleet Gym
Co-ed Basketball Tournament	January 26	1730	January 21	Thew Gym
5K Run	February 27	1130	February 27	Thew Gym
Volleyball	March 22	1730	March 17	Thew Gym
Softball Tournament	April 5	1730	March 31	Main Softball Field
Horseshoe Tournament	May 1	1200	May 1	Horseshoe Pits
Tennis Tournament	May 17	1730	May 12	Chapel Tennis Courts
Co-ed Kickball Tournament	June 5	1000	June 2	Youth Softball Field
Swim Meet	July 17	0900	July 17	Green Beach Pool
Golf Tournament	July 23	0700	July 19	Whispering Pines GC
Soccer Tournament	August 2	1730	July 28	Main Soccer Field
Co-ed Softball Tournament	August 7	1730	August 4	Main Softball Field
Co-ed Soccer	August 28	0900	August 25	Main Soccer Field
2 Person Beach Volleyball	September 11	0900	September 11	Sand Volleyball Courts
Bowling Tournament	September 13	2000	September 8	Bowling Center
Table Tennis Tournament	September 18	0900	September 18	Fleet Gym
Power Lifting	October 2	1000	October 2	Thew Gym
Flag Football Tournament	October 12	1730	October 6	Main Football Field
Floor Hockey Tournament	October 30	0900	October 27	Thew Gym
Co-ed Flag Football Tournament	November 20	0900	November 17	Main Football Field
10 Man Tug of War	December 4	1200	December 1	Thew Gym
5 Person Loop Relay	December 10	1200	December 9	Thew Gym

Captain's Cup

2004 Schedule